



County Chairwoman Pam Slater-Price
invites you to participate in this important event

School Food Summit

**Improving Student Nutrition
in San Diego County**

**Wednesday, March 9, 2005
8:30 am – 2:30 pm
Rancho Bernardo Inn, San Diego**



The School Food Summit

Childhood obesity has become a major public health concern in San Diego County. An astonishing 17–36% of students are overweight and 24–48% are unfit, according to the 2001 California Dept. of Education fitness test results for 5th, 7th and 9th grade public school children.

In an effort to combat this epidemic, the Coalition on Children and Weight San Diego, HealthLink North County (a school health collaborative) and Palomar Pomerado Health have joined forces with County Chairwoman Pam Slater-Price to host the *School Food Summit for San Diego County*.

The goal of this **FREE**, comprehensive, one-day event is to develop strategies to promote good nutrition in the entire school environment. The focus is not only on school meals, but also on fundraising, food as a reward and food policy. Participants will receive tools and resources to tackle the childhood obesity epidemic head on. By the end of the summit, participants will be able to:

- understand current and pending legislation impacting schools,
- review best practices,
- develop an action plan for their district and/or school, and ultimately
- **improve the nutrition environments of schools around San Diego County.**

**Compliance with federal law on school nutrition
will be mandatory in your district by 2006 --
come and learn about new and pending laws
and get support to make required changes!**

(ref: Public Law No.108-265)

Keynote Speaker:

Terri Soares, RD, is a member of Superintendent Jack O'Connell's *Task Force on Childhood Obesity, Type 2 Diabetes and Cardiovascular Disease*. Ms. Soares currently co-chairs the Nutrition Standards Committee of the CA School Food Service Association. She has a broad base of experience working with school administrators, educators, school nutrition personnel and community partners to provide nutrition education to students and create a healthy environment for schools and their communities. Currently, Ms. Soares is a Nutrition Education Coordinator for the Department of Health Services, California Nutrition Network.

Do not miss this unique conference!

Who Should Attend

School and District Policy Makers (School Board Members, Superintendents, Principals), Food Service Directors, School Health Professionals, Teachers, Parents and Student Leaders are invited to attend. **It's important for each district to have representatives attend who will bring strategies and sample policies back to your sites. Register your delegation now!**

Location

The Rancho Bernardo Inn ~ 17550 Bernardo Oaks Drive, San Diego, 92128 ~ (858) 675-8500

From Interstate 15, exit Rancho Bernardo Road in Rancho Bernardo and head east to Bernardo Oaks Drive. Turn left on Bernardo Oaks Drive (a signal light) and continue through the residential neighborhood to where it ends at the hotel entrance.

Summit Agenda

8:30 am	Registration, Continental Breakfast
8:50 am	Welcome <i>Nick Macchione, Deputy Director, San Diego County Health and Human Services Agency</i>
	Opening Remarks <i>Chairwoman Pam Slater-Price, County Board of Supervisors</i>
9:00 am	The School Nutrition Zone: Research & Best Practices <i>Dr. Christine Wood, Pediatrician and Author of "How to Get Kids to Eat Great and Love it!"</i>
9:20 am	Superintendent's Perspective <i>Dr. Rudy Castruita, San Diego County Superintendent of Schools</i>
	Keynote Address <i>Terri Soares, Commissioner, State Task Force on Childhood Obesity</i>
10:00 am	Legislative Primer- Keeping you in Compliance with School Nutrition Laws
10:20 am	Strategy Development Sessions (<i>see descriptions below</i>)
11:30 am	Exhibit Viewing
12:00 pm	Lunch, School Nutrition Awards
1:00 pm	Strategies for Success in San Diego County
1:45 pm	Putting Ideas into Action: Policy Development and Implementation <i>Naomi Butler, Public Health Nutritionist, SDSU Foundation California Project LEAN</i>
2:15 pm	Closing Remarks: Success for Schools and Kids <i>Kevin Ogden, Superintendent, Julian School District</i>
2:30 pm	Evaluation, Adjourn

Strategy Development Sessions

Attendees will be invited to participate in one of the following sessions during the Summit:

Session 1: School's Out!

Tia Quinn, After School Program Coordinator, San Diego County Office of Education
Creating before and after school programs that promote healthful eating and physical activity.

Session 2: What's for Lunch- besides the School Lunch?

Pam McCoy, Director of Child Nutrition Services, San Marcos Unified School District
Ensuring access to healthful food choices on campus, particularly ala carte items and competitive foods that may compete with school breakfast/lunch programs.

Session 3: Classroom Fun and Rewards

Dr. Howard Taras, UCSD Community Pediatrics
Modeling and reinforcing healthful eating in the classroom.

Session 4: Creative Fundraising

Enid Hohn, Food Services Director, Vista Unified School District
Remembering health while raising money both on and off campus.

Session 5: My Lunchbox

Dr. Christine Wood, Pediatrician and Author
Encouraging healthful foods from home, including lunch, snacks and treats.

Session 6: Para la Familia, En Español

Maria Chavez, San Diego County Office of Education, Migrant Education Region IX
En esta sesión tendremos oportunidad de hacer preguntas a cerca de los servicios de nutrición de la escuela y aclarar otras dudas sobre nutrición.

Healthful Practices Showcase

Do you know of a “healthful nutrition practice” at a school in San Diego County? We want to hear about it, no matter how big or small it may be! Many of these healthful practices will be highlighted during the Summit. Please share your healthful practice by completing the form attached or on the web at www.ccwsd.net in the *School Food Summit* section.

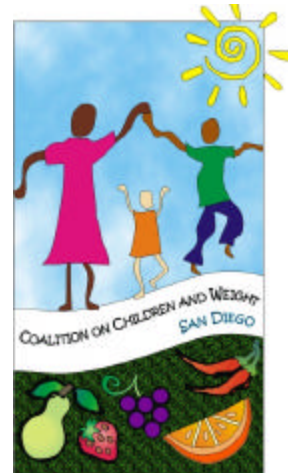
Summit Sponsors

The School Food Summit was made possible by the generosity and commitment of the following sponsors:

Primary Sponsors:



County of San Diego and
Chairwoman Pam Slater-Price



Supporting Sponsors:



Registration Form

Registration Deadline: Friday, February 25, 2005

You can register by email, fax or mail:

- 1) **Email:** Log on to www.ccwsd.net and click on the School Food Summit icon. Click on School Food Summit Registration Form Only (Word document). Complete this form and email to Jennifer.neisse@sdcounty.ca.gov.
- 2) **Fax:** Fill out the form below and fax to (760) 740-4196.
- 3) **Mail:** Fill out the form below and mail to *School Food Summit Registration*, HHSA North Inland Regional Center, 600 East Valley Parkway, Escondido, CA 92025.

Although there is no fee to attend the School Food Summit, registration is **REQUIRED** due to limited space. If after registering you find you are unable to attend, we kindly ask that you cancel by calling one of the numbers listed below by **Friday, March 4, 2005**.

Although we encourage a delegation of attendees from each district (see *Who Should Attend*), please complete one form per person.

Name: _____

Title: _____

School: _____

District: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

(required as confirmation notices will be sent by email)

Based on the descriptions on the previous page, which Strategy Development Session will you most likely attend? (please check one)

- | | |
|--------------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> 1: School's Out! | <input type="checkbox"/> 4: Creative Fundraising |
| <input type="checkbox"/> 2: What's for Lunch- Besides the School Lunch? | <input type="checkbox"/> 5: My Lunchbox |
| <input type="checkbox"/> 3: Classroom Fun and Rewards | <input type="checkbox"/> 6: En Español |

☐ Vegetarian? Please check here to reserve a vegetarian lunch option.

School Food Summit Information:

In San Diego, call (619) 542-4041, or in North County, call (760) 740-4130.
Or log on to: www.ccwsd.net